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ON

British Sanatoria for
Consumption.

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[BY THEIR SPECIAL MEDICAL COMMISSIONER.]

The Dartmoor Sanatorium,

Chagford, Devon.

DEVON'S famous highlands, Dartmoor, has long been a favourite resort of the artist and the antiquary, and a happy hunting ground for the sportsman, but its possibilities as a health station have received but little serious study. Various well-known resorts in Devon have been widely advocated and extensively used as residences for the consumptive, but it is a somewhat remarkable fact that at present there are only three sanatoria, one public and two private, where efficient and systematic open-air treatment is provided in accordance with modern procedure. Dartmoor, particularly in the neighbourhood of its marginal fringe, offers climatic and geographical conditions peculiarly suited to the needs of many phthisical cases ; and Chagford, on its eastern border, furnishes a locality almost ideal for the hygienic management of many patients with pulmonary tuberculosis. Dr. A. SCOTT SMITH has, therefore, shown wise discernment in establishing his Dartmoor Sanatorium at Torr House, on the eastern slopes of Devon's tableland, at an elevation of about 750 feet above sea level, and about a mile-and-a-half above and to the west of the charming hamlet of Chagford, 193 miles distant from London, and situated at an altitude of 650 feet. We have thoroughly explored the district, and have carefully inspected the sanatorium, and have had the privilege of a personal study of the manner and method of management there employed, and are thus able to testify, not only to the local advantages of the district, but can also bear witness to the very efficient and scientific conduct of the treatment.

Dr. SCOTT SMITH is himself an old tuberculous patient, who has had wide experience of sanatorium management. He is an ardent disciple of Walther, and his establishment is conducted on strict Nordrach lines, but softened by a sympathy which is characteristic of the best in English medicine, and strengthened by a sound common sense which must appeal to all unfortunate Britishers fortunate enough to come under Dr. SCOTT SMITH's firm and far-seeing control.



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The sanatorium is particularly well placed, sheltered by hills and trees from trying winds, freely open to the south, and immediately surrounded by attractive grounds. The institution has been fitted for its purpose by a wise adaptation and modification of a large and well-constructed private country house. The patients' rooms have been furnished in accordance with modern demands. The dining-room is a large, airy and well-lit apartment. The house is provided with electric light; the drainage system is excellent, and there is a plentiful supply of water both for baths and drinking purposes.

At the present time the establishment is being enlarged by the addition of several admirably designed rooms.

Dr. SCOTT SMITH, as we have had ample opportunities of observing, devotes himself entirely to the direction of his sanatorium. Every case is constantly under his supervision, and each detail of the patient's life is subjected to medical direction. Great care is given to the nutrition of the sufferers, and hyper-alimentation is rigorously enforced. The amount of exercise and rest is carefully regulated. The walks are peculiarly attractive, numerous, and in gradient, degree of protection and exposure allow of great variation. We consider the sanatorium almost unique among English institutions in the excellence of its facilities for picturesque and suitable pedestrian exercise. Other forms of exercise are wisely discouraged, and patients are not advised to spend time in shelters. They are thoroughly instructed in the hygienic management of their disease. The fear of chills from exposure or the dangers supposed to arise from getting wet are demonstrated to be in a great measure mythical. No systematic medication is employed.

The sanatorium is placed in a truly romantic neighbourhood, embracing some of the finest river, mountain and moorland scenery in England. Oppor-

tunities for hill-climbing lie close at hand, and tors ranging from 800 to 1,400 feet are within easy reach. Patients with artistic tastes will find endless material for brush or pencil in the perfect river peeps on the South Teign, along the banks of which suitable cases can freely ramble. We consider the psychical influence of the district to be one peculiarly advantageous to phthysical patients of refined tastes and artistic inclinations.

It should be added that Dr. SCOTT SMITH and his wife take all their meals with the patients, and lead the same open-air life. The maintenance of English home life is an element the advantage of which patients are not slow to appreciate.

The terms, depending on the room occupied, are from three to five guineas per week, inclusive of medical attendance, board and lodging.

The sanatorium is by no means so inaccessible as might be thought. A carriage can be sent to meet patients on arrival at either of the two available railway stations, viz., Moretonhampstead (G.W.R.), five miles off, or Okehampton (L. & S.W.R.) eleven miles distant.

Moretonhampstead can be reached from London *viâ* Exeter and Newton Abbott in about five-and-a-half hours; and Okehampton *viâ* Exeter in about four-and-a-half hours. During the summer months, by leaving Waterloo at 11 a.m., Okehampton may be reached at 3.12 p.m.

Omnibuses, under the direction of the G.W.R., run from Moretonhampstead to Chagford, and, we believe motor cars will soon be doing this journey. The L. & S.W.R. have recently started a service of motor cars from Exeter to Chagford, the distance being covered in some two hours.

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